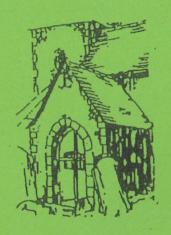
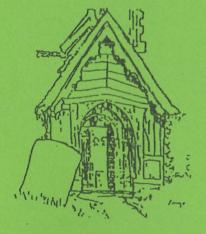
Elmsted with Hastingleigh

Community News

St. James the Great
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November 2014 40p

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Mrs Selina Farnfield

01233 750450

PARISH WEBSITES

www.elmstedpc.kentparishes.gov.uk

www.hastingleighpc.kentparishes.gov.uk

COMMUNITY NEWS

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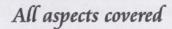
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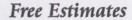












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BUSHELL, William Stanley

Private G/207. 6th Battalion, Queen's Own (Royal West Kent Regiment).

Born Nonnington, Canterbury. Enlisted Tonbridge.

Son of Frank and Sarah Bushell (née Trice). William had a sister and brother, George Frank who served in the war and survived.

Died Friday 8th October 1915.

William has no known grave. His name appears on the Loos Memorial, Loos, France. Panel reference 95 to 97.

By the beginning of the 1st World War William's family was living in Viper's Cottage, Hastingleigh. William was killed in action when his battalion attacked the enemy at Gun Trench during the Battle of Loos. The 4th West Kent's assaulted enemy positions between Hulluch and Bois Hugo. The battalion sustained very heavy casualties in a short period of time due to shelling and murderous machine gun fire – 100 men killed, 5 officers killed, 39 missing. 53 men wounded. Most of these casualties were from A Company commanded by Captain Margetts. The attack was suicide because the troops were ordered to make a full frontal assault on open ground in daylight and without artillery support!

FOOTPATH WALK - OCTOBER 12TH

Sunday morning was fine, calm but cloudy with a forecast for rain at about 4pm. Twelve walkers and one dog set off from the village hall at 2pm down Tamley Lane welcoming the new kissing gates giving access to the footpath to Hastingleigh cross roads. From there we followed the road to the junction with the North Downs Way and made our way to Cold Blow and The Devil's Kneading Trough passing two very arrogant looking Ilamas at Cold Blow. At the Kneading Trough Restaurant we stopped to decide whether to return via Big Coombe and Little Coombe or to take the shorter route behind the restaurant. With the wind speed having increased and one or two drops of rain in the air the decision to take the shorter route was unanimous. We returned via Staple Lees and Newlands Wood to the village for a welcome cup of tea just before the rains started in earnest. It was good to be out in the fresh air, not as muddy as one might have expected after all the rain but the grass was very wet and wellingtons a good idea.







BONFIRE AND FIREWORKS DISPLAY

SATURDAY 8th NOVEMBER

Procession leaves Bowl Inn, Hastingleigh at 6.30pm

Bonfire at Cold Blow Farm lit on arrival,
fireworks to follow

Soup and hotdogs available - profits help to fund fireworks

Sorry, no vehicles or dogs
Please wear sensible footwear

Sponsored by your Parish Council

HASTINGLEIGH WITH ELMSTED W.I.

Hastingleigh with Elmsted W.I. met on Thursday the 2nd of October at Evington Hall.

Thirteen members attended our meeting.

We discussed our next couple of meetings – a bring and share supper in November, and what we might like to do in December.

Our speaker was Imogen Corrigan who spoke about 'The politeness of princes'. She was an amusing speaker who told us about etiquette and food in the Middle Ages. Part of the performance of dining was putting the tables together. Trestle tables were used as they were easy to put away for dancing after the meal. Bread was given out, with the top part given to the most important guest, and this is where the expression 'upper crust' comes from. She also told us of the manners of the day –

Don't spit on the table, do it on the ground.

Talk quietly, don't whisper.

Don't take a bite from something and pass it on to your neighbour.

Don't wipe your teeth on your tablecloth.

No urinating under the table.

There was also advice from an old woman to a younger woman – stand like a stone until your lord speaks to you, and then bow!

The competition was won by Mrs. Nancollas and the flower of the month was won by Mrs Bowes.

Our November meeting will be a members' meeting.

Fiona Steward

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CHRISTMAS BAZAAR

SATURDAY 29TH NOVEMBER

2PM

EVINGTON VILLAGE HALL HASTINGLEIGH

TOMBOLA

RAFFLE

GIFTS

CAKES

GAMES

AND LOTS MORE!



IN THE GARDEN

The long summer encouraged delaying the autumn clean up of the garden. It is important to clear away all dead leaves, stems etc. except perhaps those seed heads that could be enjoyed by the birds. The clear up is important as the dead material may carry over pests and diseases to next year. By doing this you reduce the risk of problems the coming year. An example of this was one year I saved the ripe runner bean seeds for planting the next year. Halfway through the following season the plants suddenly wilted and collapsed. The problem was caused by a fungus that was carried over on the seed and plant material. Commercial seed is treated to prevent this. So all my effort was wasted, not only for that season but for several seasons following as I had to stop growing runner beans. Another aspect of seed saving is that many modern varieties are crosses and collecting seed may not give you the plants you expected and cause a waste of time and effort.

In contrast this is the time of year, while there is still some warmth in the ground, to split up and move plants particularly those in the perennial borders. By doing this, freshly digging and fertilising the soil you can stimulate more vigorous growth next year. This also gives you the opportunity to remove any weeds that have become entangled with them.

When replanting make sure you leave enough room around the plants for them to reach their full potential. This will also enable you to remove weeds more easily.

This year the grass has grown vigorously throughout the season. If you have a problem with weeds and moss in your lawn this is the time to apply winter "feed and weed". The winter variety contains less nitrogen as is not required as plant growth is much less in the winter. Save the summer feed for next spring.

It is getting a bit late for planting daffodils but tulips and many other bulbs can still be planted. I like bulbs but they always seem to cause a problem in the spring when leaving them in place after flowering conflicts with the planting of summer flowering plants so this year I have decide to plant them in pots. In this way I can have better control and allow them to mature before digging them up again.

A Double Film Show SATURDAY 6th DECEMBER 2014

EVINGTON VILLAGE HALL

4.30 pm - A Classic Animated Family Film 8.00 pm - A Classic Drama

Entry Free

Due to restrictions imposed by our licence we are not allowed to advertise the name of the films in the Community News.

Our usual Fish & Chip van will be serving Fish & Chips, Sausage & Chips, etc. from 6.00 pm. Coffee and Tea will be provided but please bring your own drinks.

To find out more and / or to make a reservation, please contact Robin Helmer on 01233 750236 or email: robin.helmer@btinternet.com

CHURCH SERVICES FOR NOVEMBER

Sunday 2 nd November	9.30 am Communion Cluster Service Elmsted			
Sunday 9 th November	11.00 am Remembrance Sunday Service, Evington Hall 10.50 am at the War Memorial			
Sunday 16 th November	11.00 Hastingleigh Service (CW)	6.00pm Elmsted Evensong		
Sunday 23 rd November	9.30am Elmsted Holy Communion (CW)	11.00am Hastingleigh Holy Communion (BCP) 4.00pm Sunday Teatime at Evington Hall		
Sunday 30 th November	Hastingleigh 10.30am United Benefice Service Holy Communion - WYE			

Sunday Teatime: At Sunday Teatime, we have fun, chat and explore our faith. Come for the company, the activities, the tea or the worship, or all four! All ages welcome at Evington Hall, Hastingleigh at 4pm.

	St. Mary's Hastingleigh	St. James' Elmsted
Nov 1st	Mrs Ball	Mrs Argar
Nov 8th	Mrs Pell	Mrs Francesconi
	Mrs Homer	
Nov 15th	Mrs Bacon	Mrs Hursey
Nov 22nd	Mrs Geering	Mrs Pearce
	Mrs Sharp	
Nov 29th	Dr & Mrs Lawson	Mrs Fox
Dec 6th	Mrs Day	Mrs Leutner

November

DATES FOR YOUR DIARY

Wed 5th	Coffee Morning	10.30am
	(Page 14)	
	Singing	7.00pm
Thurs 6th	WI Meeting	7.30pm
	(Page 16	
Sat 8th	Fireworks - From The Bowl Inn	6.30pm
	(Page 15)	
Sun 9th	Remembrance Sunday Service - Memorial	10.50am
	(Page 20)	
	Footpath Walk	2.00pm
Tues 11th	Hastingleigh Parish Council Meeting	7.45pm
Wed 12th	Singing	7.00pm
Fri 14th	Whist Drive	7.00pm
Tues 18th	Gardeners Society	7.30pm
Wed 19th	Singing	7.00pm
Sat 22nd	Bodsham School Wine & Wisdom	
Wed 26th	Singing	7.00pm
Sat 29th	CHRISTMAS BAZAAR	2.00pm
	(Page 17)	

Note: All events in Evington Village Hall unless otherwise stated.

Parent & Toddler Group meet every Tuesday - 9.30am

Mobile Library every Wednesday 10.55am - 11.20am

Art Group meet on Thursdays 9.30am - 12.30pm



BODSHAM CHURCH OF ENGLAND PRIMARY SCHOOL



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We will be holding an open morning on Thursday 13th November at 10.45am and an open afternoon on Wednesday 19th November at 2pm.

Please notify the office if you would like to come and visit us!

Telephone 01233 750374

Executive Head teacher - Mrs Elizabeth Pettersen

FROM WYE SURGERY

Exercise yourself younger and my GP retires upset

There was an interesting study performed some time ago in Texas.

Scientists took several 50 year old men, performed some baseline tests and put them through a six month training programme. The programme was based on walking, jogging and cycling but could have included tennis, golf if you walk and any number of sports. The important factor was endurance rather than speed. Apart from a ten pound loss in weight, there were a number of improvements in physiology. Heart rates slowed, blood pressure fell, and the hearts pumping ability returned to that measured when they were 20 (they were involved in a study then that looked at the effect of prolonged bed rest). Other studies have looked at parts of the chromosome which shorten with age, telomeres. Telomeres are longer in those who exercise more. This is important because when a telomere shortens it can lead to cell death, something seen in ageing.

Exercise has other benefits as we get older. Inactivity causes muscle loss and loss of our 'core' muscles increases the risk of falls. Falls lead to loss of confidence and so to less exercise.

So let me list the benefits of exercise;

Resting heart rate falls, heart pumping activity increases and the heart muscle becomes less stiff, blood vessels become less stiff and blood pressure falls, oxygen uptake by the lungs is maintained vs falling with age, bowels open more frequently, bone strength increases, muscle mass increases and metabolic rate increases, body fat and blood sugar fall, cholesterol falls, good cholesterol rises, quality of sleep, mood and memory improve.

Exercise is at least as important as pills after a heart attack.

In spite of this I have been upsetting my GP, a lovely chap in Faversham. Try as I might I keep on doing things that upset him. I insist on taking four problems to him and only book a ten minute appointment. He has told me a million times that if I do that he can't deal with them properly, this stresses him and leaves him open to negligence claims when things go wrong. I laugh and ignore him though.

I take forms that I know need to go through his admin department in the hope he will sign them so I can avoid he fee. He doesn't and I get irritated with him. I took three to an appointment that a sick person could have used last week and was really pretty cross he insisted that I get them completed in non NHS time. Letters too, I get a letter for the most trivial things, he calls them 'fitness to fart letters' he tells me I have to pay as it's non NHS work, so I don't bother picking the letter up, well it's a cheek isn't it, paying for non NHS letters. He says the secretaries don't grow on trees, very funny I tell him.

One that really upsets him, and he sees right through me, is when I go with something trivial just so I can tell the boss I've been to see the GP so I can take a day or two off without hassle, I don't know how he knows but he does. I call him out occasionally for visits purely for convenience when I can't get a lift. I know it will take him an hour to get across and see me but everyone is so busy these days so. I will do it again next time. Still that's not as bad as the case I heard where someone called their GP out to put the bins out so I guess that's ok. One that particularly gets him is that I book an appointment for something which gets better but I go anyway with something trivial I would not normally have bothered with or better still I tell him that since I haven't seen him for ages I've brought a list of things to deal with in ten minutes, he turns puce with that one. He tells me that the intervals between me seeing him bear no relevance to the ten minute slot I booked. I think he his kidding don't you? Occasionally I tell him I've read the internet and I know my rights and insist on an unnecessary referral. Shame is, I hear he's retiring early, some nonsense about burn out in GPs, nonsense if you ask me, he's not sixty yet. I hear they cannot replace him, there are no available GPs, they can earn more as locums apparently. Trouble is he murmured something about his partners turning it in if they are forced to work every day of the week. Some guff about the fact that there are not any new GPs to fill the extra two days the understanding health minister demands in spite of emergency GPs being available 24/7 already.

Guess I will have to rethink things if they do get a replacement. Allan Fox

REMEMBER

The magazine for December & January is combined and so articles for both months need to be with me before the 15th November.

PREVENTING ALZHEIMER'S

A capacity audience of eighty people listened to Patrick Holford's seminar on Saturday September 27th in Penstock Hall, East Brabourne. £1420 was raised for his charity 'Food for the Brain', and his books were sold out. For those of you who did not attend, he started off with a lecture on 'The Memory Equation', and then launched into his second lecture on how to prevent Dementia, and its major component, Alzheimer's Disease. He showed how all drugs had so far failed to deal with it, apart from some slowing down the symptoms in its first few years.

766,000 people in Britain have Dementia, and if nothing changes in the next decade, it is expected to rise to 1 million. Current annual costs of the disease are estimated at £23 billion per year. Yet about half of all the risk of Dementia is due to modifiable risk factors, according to the statement of world leading dementia experts, and thus is theoretically preventable. While this 50% estimate is unlikely to be achieved, the international group of 111 scientists and medical dementia experts agree that it is possible to cut the number of cases by 20%, i.e. one fifth.

The percentage of Alzheimer's sufferers' risks are attributed to the following:

	Percentage	Evidence for effect
High homocysteine levels, lowered	uti fuquis elinea	
by B Vitamins + tri methyl glycene	22%	Strong
Low fish & omega 3 intake	22%	Moderate
Low physical activity	22%	Moderate
Mid life smoking	11%	Weak
Low Educational attainment	12%	Weak
Low intake of anti oxidant and		
polyphenol rich foods)	
Mid life high blood pressure) 12%	
Mid life obesity) to	
Depression) 2%	Weak
Diabetes and pre diabetes)	

(All percentages can overlap each other)

Getting all this information together, properly researched and evidenced, will help Prevention, which is what 'Food for the Brain' is all about. Yet since 2006, only 0.1% of research funds (£156,000 out of a total of £140.2 million) has been spent on prevention.

Cognitive Function Tests are available free on line from 'Food for the Brain' (see their website). If these teats result in a low score, then the next step is to get your blood tested for homocysteine levels. If your doctor will not do this for you on the NHS, then it is possible to have it done privately at your own expense.

So, in conclusion, those of you who are in their 50's and 60's are urged to think seriously about all these factors, and then to take appropriate action. Do at least support 'Food for the Brain' in their endeavours to make Prevention work.

(All figures mentioned are supplied, with references, in 'Food for the Brain's leaflet: 'Alzheimer's. We have a Plan B'.

Thank you to those of you who attended the lectures. I apologise that there was not enough time left for questions at the end. Finally, many thanks to Vicki Jessel for her excellent healthy brownies and flapjacks in the tea interval.





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Saturday 1st November, 9.30am - 12.30pm

Lyminge Autumn Bazaar

at Lyminge Village Hall

Saturday 15th November, 10am -1pm

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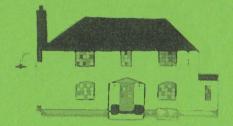
LOCAL ORGANISATIONS					
Elmsted Parish Council	Clerk	Tracey Block 01233 750415			
Hastingleigh Parish Council	Clerk	Tracey Block 01233 750415			
Evington Hall (caretaker & book (Treestumps, Elmsted)	Mrs Avis Ball 01233 750231				
Evington Hall Committee	Hon Sec	Mrs S Lawson 01233 750288			
Evington Community Project	Hon Sec	Mr D Farnfield 01233 750450			
Evington Gardeners' Society	Hon Sec	Mrs J Pearce 01233 750382			
Evington Players	Hon Sec	Mrs C Batcheller 01233 637955			
Art Group	Contact	Mrs V Kerry 01227 700843			
Footpath Walks	Contact	Mr D Harris 01233 813711			
Women's Institute	Contact	Mrs J Bowes 01233 811875			
Parent & Toddler Group	Contact	Mrs H Wade 01233 750032			
Neighbourhood Watch	Hastingleigh	Mr G Block 01233 750415			
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